

DTU HOME MEAL PLAN

NAME:

DATE:

<u>BREAKFAST</u>	<u>PLACE & TIME</u>	<u>FOOD AMOUNT</u>	<u>PARENT SIGN</u>
<p>1 ½ cup cereal or 1 cup oatmeal 1 cup whole milk 2 eggs OR 1 cup granola 1 cup whole milk OR 2 pieces toast or large bagel 2 TBS peanut butter or 2 TBS butter or 4 TBS cream cheese OR French toast: 2 pieces whole wheat bread 1/3 cup whole milk 2 eggs ½ TBS butter AND 1 piece fruit AND:</p>			
<p><u>LUNCH</u> 2 pieces bread 4 oz turkey/ham/chicken/beef OR 3 oz tuna 1 TBS mayo OR 1 oz cheese OR 2 pieces bread 2.5 TBS peanut butter and 1 TBS jam OR 2 pieces bread 5 TBS tofu pate OR 2 pieces bread 2 boiled eggs 1 ½ TBS mayo OR Grilled Cheese: 2 pieces bread 2 oz cheese 1 ½ Tsp butter AND 1 piece fruit</p>			
<p><u>SNACK</u> 8 oz whole milk ‘La Crème’ yogurt OR 6 crackers, 1 oz cheese, 1 piece fruit AND:</p>			
<p><u>DINNER</u> 4 oz beef/poultry/fish/pork OR 2/3 cup beans and ½ oz cheese OR 8 oz tofu OR 3 eggs AND 1 cup pasta or rice OR 1 ½ flour tortillas OR 3 corn tortillas OR 2 pieces bread OR 6 oz potato AND 1 TBS butter or olive oil OR 4 TBS sour cream OR 1 oz cheese AND 1 cup salad 1 TBS dressing 1 ½ cups fresh cooked veggies AND 8 oz whole milk</p>			

ACTIVITY: _____ **LOCATION:** _____ **DURATION:** _____ **SUPERVISED BY:** _____

MEDICATION: _____ **TIME GIVEN:** _____ **PARENT SIGN** _____